



Southwest Region - Safety Newsletter

March 2004

NAVOSH

Workplace Eye Safety Month

10 Ways to Prevent Eye Injuries at Work



Good vision is priceless! Luckily, 90 percent of all workplace eye injuries are preventable with the use of proper safety eyewear. Despite the good news, the Bureau of Labor Statistics reports that eye injuries in the workplace cost over \$467 million annually. Adding indirect costs such as legal fees, judgments, and training replacement workers, places the estimated total above \$934 million each year.

Nearly one million Americans have already lost some degree of sight due to an eye injury. With over 700,000 work-related eye injuries still occurring each year, Americans could use a few tips on how to prevent eye injuries in the workplace!



1. **ASSESS!** Conduct a thorough analysis of operations -- ORM. Inspect work areas, access routes and equipment. Examine eye accident and injury reports. Identify operations and areas that present eye hazards.
2. **TEST!** Uncorrected vision problems contribute to accidents. Incorporate vision testing in your pre-placement and routine physical examinations of employees.
3. **PROTECT!** Select protective eyewear designed for a specific operation or hazard. Protective eyewear must meet the current standards referenced by the Occupational Safety and Health Act of 1970 and subsequent revisions.
4. **PARTICIPATE!** For maximum protection against eye injury, establish a 100 percent mandatory program that *requires* eye protection throughout *all* eye hazardous operations areas of your workplace. Experience shows this kind of program prevents more injuries and is easier to enforce than one limited to certain departments, areas or jobs.
5. **FIT!** Workers cannot be expected to use their protective eyewear unless it fits properly and comfortably. To ensure the eyewear is satisfactory, have it fitted by an eye care professional or someone trained to do this. Provide the means for maintenance and require each worker to be responsible for his or her own eyewear.

6. **PLAN FOR AN EMERGENCY!** Establish first-aid procedures for eye injuries. Make eyewash stations accessible, particularly where chemicals are used. Ensure that eyewashes are flushed and tested weekly. Train employees in basic first aid and identify those with more advanced first-aid training.
7. **EDUCATE!** Conduct ongoing educational programs to establish, maintain and reinforce the need for protective eyewear. Add eye safety to your regular employee education/training programs and include it as a large part of new employee orientation.
8. **SUPPORT!** Management support is a key ingredient in successful eye safety programs. All management personnel should set an example by wearing protective eyewear whenever and wherever required.
9. **REVIEW!** Continually review and, when necessary, revise your mishap prevention strategies. Aim for the elimination of all mishaps and injuries.
10. **PUT IT IN WRITING!** When all elements of your safety program have been established, put them in writing. Display a copy of your Codes policy on eyewear and other Personal Protective Equipment (PPE) use in areas frequented by employees, and include a review of the policy in new employee orientation.

Look and Live

Most accidents happen because people just didn't watch what they were doing, where they were walking, where they were standing, sitting, or climbing. This article deals with paying attention and "looking" which is the most important and basic principle of mishap prevention.

We've have all heard of the painter who stepped back to admire his work and fell five floors from his scaffolding. It's all right to admire your own work, but it's mighty important to look before you step in any direction. You could be stepping into an open stairwell, or off the edge of a platform, onto a pile of lumber, into the path of a moving vehicle or into the way of a swinging load.

On construction projects, in manufacturing plants, in fact in all types of industry, materials and equipment are always being handled and moved about. It is highly important that those working on the job be alert to all such movements. Look up, look down, look all around, so you'll never walk into the path of a moving truck, an earthmoving machine, an elevator or some other kind of hoisting equipment.

Look and Live (Cont.)

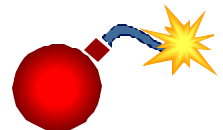
Unique to construction projects is the fact, that scrap material and debris is removed from the structure by throwing or dropping it to the ground level. These materials should never be thrown from a structure unless the person doing the throwing first looks to see for sure that no one's in the way. Both in manufacturing plants and on construction sites - material and equipment are being moved around by cranes and hoists. No one should walk beneath a swinging load if there's any way to prevent it. If it becomes essential to do so, be certain to look before doing so. Being alert to what is going on overhead is highly important to all workers, and one of the best ways to keep alert to overhead conditions is to look up occasionally.

Falls are not unique to construction projects but many people have been killed on construction jobs as a result of falling through false ceilings or temporary floor covering simply because they didn't take time to look where they were stepping. Throughout construction and industry, others have been injured by working in poorly lighted areas, merely because they couldn't see. So, if you work in a poorly lighted place, make a special effort to modify the work environment so that you can properly see the work being conducted.

Your eyes are your biggest assets to your work; take care of them so they'll take care of you. When grinding, sawing, welding or doing any type of work that produces fragments, shavings, etc., wear the proper kind of eye protection so that you will always have eyes to look with. And always watch what you are doing. If you keep your mind and your eyes on what you are doing and where you are, you will never have to explain a mishap by saying, "I didn't see..." when what you really meant was, "I wasn't looking."

EXPLOSIVE SAFETY CORNER

Is it true that you can roll gun ammunition across the deck?



Answer: NAVSEA OP-5 chapter 10-7.4 provides specific information on gun ammunition that includes projectiles, fixed ammunition, and artillery ammunition. In section 10-7.4.1 (Projectiles) it states that projectiles shall be handled in a manner so as to avoid damage to rotating bands, bourrelets, points, caps, windshields, covers, fuze threads, painting, and identification markings. It does allow the projectiles to be rolled only if no other means of moving the projectiles is available. It goes on to state the projectiles shall be rolled carefully and slowly and not allowed to bump one another. Projectiles shall not be rolled on the ground, on concrete floors, or on steel decks, but may be rolled over boards at least 1-inch thick or on other approved decking material.

Remember that whenever an explosive loaded projectile is dropped 5 feet or more, it shall be considered defective and shall be segregated and reported to supervision immediately.

For more information about handling projectiles or other explosive safety questions, please contact your Site, Explosive Safety Officer.

RECREATIONAL AND OFF-DUTY SAFETY

March 16-22 - National Poison Prevention Week

Poisoning Prevention Tips

"An ounce of prevention is worth a pound of cure."

Below are some general precautions that can decrease the chances for mishaps involving poison. Following this section is a checklist to help you look for conditions around your house that may be dangerous.



- Keep all medicines and hazardous products locked up and out of reach when not in use. When choosing child care facilities or visiting other homes, make sure poisons are not within reach. Don't rely completely on close supervision for prevention because accidents happen to children within the reach of parents or caretakers.
- Ask for child-resistant containers for all medications, but remember: child-resistant caps do not stop a child from opening lids - the caps only slow them down.
- Always call prescription or over-the-counter medicine by its proper name and begin early to encourage respect for all medications. Never suggest that medicine is "candy" in order to get children to take it. Too often, medication and candies look alike to young children, sometimes with serious consequences. Pediatric deaths have occurred due to the ingestion of iron supplement tablets.
- Avoid taking medications in the presence of young children because they learn by imitation.
- Make sure young children have access to safe snacks so they won't be tempted to try poisonous substances.
- Safely dispose of old or unused medications and all hazardous materials through local government disposal programs.
- If you are called away when using a hazardous material, take the product with you. Make sure young children and pets are kept safely away from major projects such as painting, floor stripping, paint removal, pesticide applications or fertilizer use.
- Keep furniture, walls, windowsills and other painted surfaces in good repair. Keep children away from flaking or chipping paint.

Poisoning Prevention Tips (Cont.)



- Never transfer hazardous substances into food or beverage containers. Each year, children are poisoned by drinking a toxic substance that was poured into a cup or a glass. Even adults have mistaken a glass of bleach for lemonade.
- Do not take medications from unlabeled containers. Always read labels before taking medications. Do not take or give medications intended for others or increase the dosage without checking with your physician or pharmacist.
- Do not mix chemicals! Read product precautions before use and take warnings seriously. Even common household cleaners, when mixed, can produce toxic gases.
- When using toxic products, wear protective clothing and work in well-ventilated areas.
- Learn proper names of plants in and around your home by visiting a reputable plant nursery or knowledgeable gardener. Check with the Poison Center to see if the plants are safe or dangerous.
- Consider installing a carbon monoxide detector.
- Keep syrup of ipecac on hand and have the Poison Control Center number on the telephone.
- Call 1-800-582-3387, the Poison Center health education line, for phone stickers and information on obtaining this book and other prevention materials

HAZARD ALERTS

CPSC, Dorcy International Announce Recall of Fuji Batteries Sold with Dorcy Xenon Flashlights

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the manufacturer named below, today announced a voluntary recall of the following consumer products. Consumers should stop using recalled products immediately unless otherwise instructed. (To access color photos of the following recalled products, see CPSC's Web site at www.cpsc.gov.)

Name of product: Fuji Power and A&T Fuji Power CR123A 3-volt lithium batteries originally provided with the Dorcy Spyder Tactical Xenon Light (Product 41-4200), also sold in packages of two flashlights under the name Dorcy Xenon Tactical Light. The same batteries - sold in another manufacturer's flashlight - were recalled in an earlier CPSC announcement:
www.cpsc.gov/cpscpub/prerel/prhtml03/03195.html

HAZARD ALERTS (Cont.)

CPSC, Nautilus Direct Announce Recall of Bowflex Power Pro Fitness Machines

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Nautilus Direct (doing business as Bowflex), of Vancouver, Wash., is voluntarily recalling about 420,000 Bowflex fitness machines to address two safety issues. First, while being used in the incline position, the machine's backboard bench can unexpectedly collapse and break, posing a risk of injury to the user. Second, the "Lat Tower," can rotate forward and fall during use, posing a risk of injury to the user.

Nautilus Direct and CPSC have received at least 70 reports of the backboard benches breaking, resulting in at least 59 back, neck and shoulder injuries. Nautilus Direct has received at least 18 reports of the "Lat Tower" rotating forward and falling, resulting in at least 14 back, neck, shoulder, teeth, nose and head injuries, some of which required stitches.

The recalled fitness machines are the Bowflex Power Pro XL, XTL and XTLU systems with the "Lat Tower" attachment. The "Lat Tower" attaches to the back of the bench, and has pull-down pulleys attached. The name "Bowflex" and the model name are printed on the front of the machine. The machine has 10 to 14 resistance rods that extend about 48-inches high and a backboard bench that is about 36-inches long. The recalled fitness machines were made in China, Taiwan and the U.S.A.

Infomercials and specialized retail stores nationwide sold the fitness machines from January 1995 through December 2003 for between \$1,200 and \$1,600.

Consumers should stop using the backboard bench in the incline position and "Lat Tower" on the fitness machines immediately and contact Nautilus Direct toll-free at (888) 424-3020 anytime to receive a free repair kit that will address both issues. Nautilus is contacting owners of affected machines by direct mail where the name is known to the firm. For more information, consumers can log on to the company's Web site at www.bowflex.com.

To view this press release online, use the following link:

<http://www.cpsc.gov/cpscpub/prerel/prhtml04/04073.html>

**PROTECT YOUR EYES.
IT'S THE LAST PAIR YOU HAVE.**